

## Recycling

### April 15 The Day To Start Sorting Paper

If you're among the many employees who've been urging TAH—LVHC to go all-out in recycling, April 15 is your day. After extensive planning, research into varying requirements of the communities in which the hospital sites are located and acquisition of equipment, it's time to recycle paper.

Special containers will be distributed soon for the project, says Jerry Kresge, director, Security, and chairman of the recycling planning committee. It will mean attention must be paid to different types of paper waste, and each container will bear a label to remind employees about what's correct and what isn't. Sorted paper waste will be collected in different ways at each site because of municipal rules and space limitations. A baler will be used at TAH site and a compactor at LVHC site. And while there could be slight differences as a result, the hospital will maintain the same standards at both sites for the sake of convenience.



Stepping through a new set of sliding doors at TAH site are, from left, Hazel Kramer, director of Volunteer Services, Ruth Schlener, first vice president, and Kitty Berkheimer, president, of The Allentown Hospital Auxiliary. The doors marked the end of the first phase of entry work funded by the auxiliary; next will be replacement of an adjoining entry with a 14-foot revolving door.

### Thumbs Up, Thumbs Down

**What can be recycled:** all white paper with any color ink, computer paper, white stationery and letterheads, white business forms, white tablet sheets (but not the yellow legal pads), tab cards, white machine copies, non-window white envelopes and white folders or report covers. *Yes, staples and paper clips can go into the bin. But remember, paper clips can be used again.*

**What's not allowed:** all colored papers, carbon paper and self-carbon forms, cardboard (including stationery boxes, cardboard backs of writing tablets), glossy or slick papers, waxed papers, rubber bands and plastic spirals, colored report covers and folders, photographic and blueprint papers, magazines and newspapers, food wrappings, brown paper bags, self-adhesive envelopes and notes (such as Post-It brand notes), plastic coated envelopes and papers, tissues, napkins, paper towels and FAX paper.

**In case you forget:** labels will be attached to all recycling containers identifying differences.

### Cans For A Cause

One of the bright spots in the entire recycling effort is aluminum cans. Hospital employees are the major contributors of cans to the Burn Prevention Foundation. Over 87,000 cans have been collected at both sites thusfar in a million-can drive to pay for a fire safety educational trailer to be used at schools in the region. It works out to be over 3,100 lbs. of aluminum, which is being purchased by Alcoa at higher-than-market rates, a contribution in itself.



The Allentown  
Hospital—  
Lehigh Valley  
Hospital Center

A HealthEast Hospital



## HealthCounts Lists February Winners

Prize winners in the February HealthCounts "I'm Worth It" incentive program included Paula Ingoldsby at TAH site and Leasen Clark at LVHC site, both of whom won tickets for two to the Radio City Easter Pageant.

Other prizes included: a fitness video to Ruth Bonn (TAH) and Agnes DeNardo (LVHC), a gift certificate to A&A Auto Parts Store to Debra Sokol-McKay (TAH) and Maureen Hojnacki (LVHC), the American Heart Association cookbook to Kay Zelina (TAH) and Tamar Earnest, MD (LVHC), a HealthCounts gift certificate to Barbara Shipe (TAH) and Karen Kozden (LVHC) and a three-month HealthCounts exercise membership to Marjorie Hersh (TAH) and Gail Gillespie (LVHC).

Prizewinners should contact HealthCounts at 821-2150 regarding prize details.



Part of the lobby renovation at TAH site included relocation of the information desk, staffed by Sara Heintzelman, and with it a highly important piece of paper, being hung by Warren Eckhart of Engineering. The document is the license, issued by the Pennsylvania Department of Health, allowing the operation of a hospital.

## Making The Rounds

General Services recently saluted 26 employees with perfect attendance records during 1990 and presented each with a pair of free tickets to an AMC theater.

Recognized from TAH site were Catherine Desht, Hilda Edelman, Manuel Morales, Vincente Pantoja, Gumersindo Quinones, Brenda

Repsher, Sammy Riddick, Sara Schaffer, John Senchak, and John Taggart. At LVHC site, recognition was given to George E. Brucker, George Carr, John Cebrosky, Pam Green, Anna Mae Kasunic, Lois Mansfield, Beverly McIntosh, Matt Moyer, Dolly Nesfeder, Kerry Null, Kati Oswald, Gail Roth, Nelly Sanchez, Avis Spencer, Kathy Watt and Dennis Young.

Of the group, Desht, Edelman, Morales, Pantoja, Taggart, Carr, Green, Kasunic, Moyer, Nesfeder, Roth, Sanchez, Watt, and Young all posted perfect attendance in 1989 as well.

Carolyn Mitchell, RN, staff nurse, 4T (TAH), and Lois Staack, RN, staff nurse, NICU, were named recipients of \$100 savings bonds for perfect attendance in the months of November and December, respectively.

Winners of the nursing scholarship drawing on Feb. 14 at both sites were announced recently by the Professional Nurse Council and Friends of Nursing. They were Charlotte Buckenmyer, RN, Emergency (LVHC), BSN at Allentown College of St. Francis de Sales, and Sherrie Hummel, RN, Adolescent Psy-

chiatry (TAH), BSN, Kutztown University, both recipients of \$1,500 scholarships. Scholarships of \$1,000 were awarded to William J. Wise, RNC, Adolescent Psychiatry (TAH), BSN, Pennsylvania State University, and Heather L. Breidigam, RN, Emergency (LVHC), Northampton Community College.

Dan Kaczor, MT (ASCP), supervisor of Coagulation, and Nancy Bickford, MT (ASCP), laboratory safety and educational coordinator, along with Douglas Triplett, MD, of Ball Memorial Hospital, Muncie, Ind., co-authored an article titled "Evaluation of Different Mixing Study Reagents and Dilution Effect in Lupus Anticoagulant Testing", in the March 1991 edition of the *American Journal of Clinical Pathology*.

Janine Fiesta, Esq., senior vice president, Legal Services, was among 100 national experts hosted by the Department of Health and Human Services to evaluate a national response to tort reform in the area of medical liability. The meeting was held Feb. 28-March 1.

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*CheckUp* is a biweekly publication of the Public Relations Department of HealthEast / The Allentown Hospital—Lehigh Valley Hospital Center. To submit an article or for additional information, call ext. 7916.

### Our Quality Policy

Our commitment is to quality in everything we do. This can only be achieved if we provide services that conform to clearly understood requirements. We are dedicated to continuous improvement in our work processes. Our approach is based on "Prevention" and the concept of "Do it right the first time."

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## Nephrology, Dialysis Draw Different Nursing Styles

Although National Kidney Month focuses attention in March on awareness of renal disease, the effort at helping patients manage it is a year-round priority for nephrology and dialysis units at TAH site.

Many patients are not eligible or will be unable to obtain donors for the hospital's new kidney transplant program. Eligibility is based on a complex set of factors involving age and physical condition, and despite the huge strides in technology that have dramatically improved potential outcome there's still a shortage of people carrying organ donor cards.

While the two units occupy the same wing and floor at TAH site and deal with many of the same patients, they are altogether different in the type of nurses attracted to them.

Those in Dialysis invariably have critical care backgrounds and enjoy the blend of high-tech equipment and tending to the needs of the seriously ill. Down the hall, many nurses came directly from nursing schools, excited about the blend of high demands on compassion mixed with a wide range of medical and surgical care.

Dialysis picks up where normal kidney function has failed — literally cleansing the blood of waste products. Hemodialysis at TAH site is an inpatient

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service for those with end-stage renal disease and acute renal failure. When the patient is not hospitalized, hemodialysis is done at home or in outpatient clinics three times a week for four hour periods.

An alternative is peritoneal dialysis, also done at home, which is taught to patients and is less complicated to do. However, it's done in 20 to 30 minute

stretches four times a day.

Among the aspects that unit nurses say appeals to them includes visiting patients at home to check up on them. Another factor is daytime hours with Sunday off. They are, however, available on an on-call basis.

But it's the challenge of critical care, of thriving in high stress situations, and handling exotic equipment that, says Kathleen Trinkle, RN, makes renal work something a nurse either likes or dislikes with not much ground in between.

Sue Urban, RN, points out that it is also a particularly safety-conscious unit, fully aware of the risks of blood exposure, and very tight-knit in spirit.

The neighboring unit, nephrology, is high on compassion and demanding in organization and assessment skills. Nurses there view their work as "total nursing" because renal disease affects all systems, and will see the same patients, as they are affected with one problem or another related to the disease, on an ongoing basis.

Over a period of time, say Donna Burkos, RN, and Melissa DeFrain, RN, relationships develop with the patients and their families. "These are not people who will become well, leave, and we'll never see them again. They'll be back."

The cycle starts infrequently at first, accelerating over the years as the renal disease and the common patterns of diabetes and heart disease begin to wear down the system. "There is a need to provide comfort and support, and there is a need to 'overdo'," says Michelle Stuart, RN, wearing a yellow ribbon and handling her own anxiety about a close relative serving in the 82nd Airborne Division in the Gulf War.

DeFrain agrees, and says it's a good place to start a nursing career. "You have to get organized and have your assessment skills sharp real quick in this



*Sue Urban, RN (left), and Kathleen Trinkle, RN, tend to the needs of a patient during hemodialysis.*

unit," she says.

Support and encouragement are dispensed in heavy doses on both units. Dialysis nurses declare flatly that if the patient has the skills to do their own dialysis, there's not much in the way of limitations on activities and especially travel (some groups of renal patients travel extensively and support each other along

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the way).

But when it gets right down to it, renal disease is chronic and in some cases even preventable. Hypertension is as tough on a kidney as it is on a heart, but with the former the damage cannot be repaired. For others, it comes as a by-product of diabetes, and still others fall victim to genetic factors still not completely understood.

Yet because of the size of the hospital, specialty nursing interests flourish, and the fourth floor "twins" at TAH site wouldn't have it any other way.





*HEI/TAH—LVHC employees donated more than \$20,000 during the recent Community Giving campaign to finance the Donor Room at Miller Memorial Blood Center. The facility is busy most of the day with blood donors, who form the foundation of the Lehigh Valley blood supply. TAH—LVHC uses more than half of all the blood collected here. A plaque recognizing the fund-raising effort by employees will hang on the wall between the two windows, at left.*

## Congratulations!

**Kim Walsh, RN, 6C (LVHC)**, became engaged on Christmas to John McCormick. The couple plans an October wedding.

**Ann Marie Staber, RN, 6C (LVHC)**, became engaged on Christmas to Tom Labert. No wedding date has been set.

Boys were the Valentine's Day arrivals for two nurses at the Burn Center (LVHC). **Carol Knowlton, RN**, assistant head nurse, and her husband, Richard, welcomed Christopher Tyler. **Kindy Grater, RN**, and her husband, Gerald, are the parents of Ben Allen.

**Julie Guth**, a courier for HealthEast Laboratories, has been cast in the role of Arachne, a spider, in the Cedar Crest Stage Company production of J.R.R. Tolkien's *The Hobbit*. Guth is majoring in communications studies at Cedar Crest College and will appear in 19 performances of the play.

**The Rev. George Williams**, Pastoral Care, and **Ruth Davis, RN**, Human Resource Development, were the winners of the Employee Activities Committee Valentine's Day raffle at LVHC site and TAH site, respectively.

A number of births have been reported in recent months to laboratory

employees at TAH site. **Chris Velazquez**, Toxicology, and her husband, Dean, welcomed a son on Nov. 20. Ace Hendrix weighed in at 5 lbs., 8 oz. and was 18-3/4 inches long. **Robin Schaffer**, Central Processing Area (CPA), and her husband, Mike, became the parents of a son, Gregory Brandon, on Dec. 10. He weighed 8 lbs and was 21 inches long, and has joined a sister, Nicole, at home.

On Dec. 12, **Joyce Melchior**, Immunology, and her husband, Tim, welcomed John Robert, who weighed 6 lbs, 13-3/4 oz. and was 20-1/2 inches long. **Julie Oswald**, CPA, and her husband, Dallas, became the parents of a son, Robert Anthony, on Jan. 4. He was 19 inches long and weighed 6 lbs, 10-3/4 oz., and has a brother, Kenny. **Adriane Zernhelt**, Stat Lab, and her husband, Jim, Engineering, welcomed a daughter on Feb. 9. Courtney Marie was 20-1/2 inches and weighed 7 lbs., 13 oz.

**Kay Vanoverschelde**, CPA, and her husband, David, became the parents of a son, Logan, on Feb. 15. He weighed 7 lbs, 8 oz., was 21 inches long and has two brothers, Collin and Reilly and sister, Hannah.

## Pizza To Go Now Available

Food Service at LVHC site has expanded its pizza service to include full size 16-inch pies available for takeout.

The cafeteria pies may be picked up seven days a week between 11 a.m. and 7 p.m. Orders can be called in to ext. 8319 between 10 a.m. and 5 p.m. A variety of specials are available.

From Monday through Sunday, the cafeteria offers basic cheese pizza, made from fresh dough.

Daily specials are:

|           |             |         |
|-----------|-------------|---------|
| Monday    | Pepperoni   | \$7.50  |
| Tuesday   | Mushroom    | \$7.50  |
| Wednesday | Mexican     | \$11.00 |
| Thursday  | Vegetarian  | \$9.50  |
| Friday    | Supreme     | \$10.50 |
| Saturday  | Meat Lovers | \$9.50  |
| Sunday    | Sausage     | \$7.50  |

Prices include the employee discount.

## Spring Fling Tickets Ready To Go On Sale

A total of 800 tickets will be available for the annual Employee Activities Committee Spring Fling starting April 1.

Employees and volunteers may purchase the \$12-per-person tickets for themselves and their spouse or companion through April 12 from 7 to 8 a.m. and 2:30 to 3:30 p.m. Mondays and Fridays in the Anderson Wing Lobby at LVHC site and the main lobby at TAH site.

The event will be held April 19.

## Making The Rounds

*Continued from Page 2*

On Feb. 26 at "Trends in Trauma" in Philadelphia, **Pat Klotz, RN, CCRN**, and **Claranne Mathiesen, RN**, both of CNS Unit, made a poster presentation on *Diffuse Axonal Brain Injury*. The same topic will be presented as a general lecture in New Orleans at the annual American Association of Neuroscience Nurses on April 23 by Klotz, Mathiesen and **Beth Delin, RN**.

CheckUp welcomes contributions about professional achievements and honors; send details to Public Relations, 50 College Drive.



# Royal Encounters Of The Culinary Kind

When some of the best chefs in the world gather for dinner, what's on the menu is a meal fit for a king. Well, perhaps a princess: Her Royal Highness, Princess Anne of Great Britain to be specific.

Among those at the table, representing the United States, was Marvin Schmidt, executive chef at TAH site.

The dinner — at Claridge's in London, of course — was the crowning touch of a four-day whirlwind visit to a gathering of the Epicurial World Master Chefs' Society, of which Schmidt is one of two national officers from the United States.

The princess, who is president of the Save the Children Fund, was on hand to receive receipts from the \$200-a-plate affair as well as funds raised by the group throughout the world, and to present various society awards to its members.

Schmidt himself received recognition for promoting international culinary camaraderie and membership in the elite gourmet club known as Cercle Epicurien Mondial.

He describes Princess Anne as "very prim and proper, but very pleasant; she immediately puts you at ease." He informed her that he was involved in organizing a culinary competition between American and British chefs and they traded jests about the potential outcome.

When not holding court on the hot food production line at TAH site, Schmidt is active in charity and fundraising activities as well as the exclusive international organization. The society limits its own membership to invitation-only and sponsored chefs from Australia, England, Ireland, Japan, Scotland, Tunisia, Denmark, Germany, Israel, India, Mexico, Mauritius, Saudi Arabia, South Africa, the United States and, naturally, France.

Schmidt is one of those people who not only can correctly pronounce those



*Above, Marvin Schmidt (right), executive chef at TAH site Food Service, gives directions to Dave Hammond about handling carrots. Schmidt is a gourmet chef of international standing, but along the way he's picked up little techniques that enhance the quality of food in settings like large hospitals. These he shares with younger chefs on the Food Service staff.*

exotic names on French menus, but can describe the dishes in detail and evaluate them precisely. He did so about the March 4 dinner of the society, built around "Filet d'Agneau de Luit Pôe le Farci aux", which gives new meaning to the concept of lamb filets.

While the dinner was nice, Schmidt most enjoyed talking shop with other Fellows in the Society, organized in 1947 by Jean Conil and five others. Conil is known for his more than 100 cookbooks, and the society is more of a guild of master chefs than an honorary organization.

Schmidt expressed gratitude to his employer, the Wood Company, for underwriting the cost of the trip. The Wood Company manages food service operations at TAH—LVHC and a number of other companies and institutions in the Lehigh Valley; he has been a chef at some of the better American clubs and hotels, but for a total of five years has been most comfortable with The Wood Company.

It's in TAH site kitchen that he considers the position more of a mission than simply overseeing the cooking. Schmidt's role is to raise consciousness, elevate culinary standards and educate new young chefs eager to sharpen their skills.

"It's a matter of de-institutionalizing cooking," he asserts. As one who's comfortable in an arena that would make a hospital dietitian cringe and an accountant moan, Schmidt offers advice

and leadership about food production that isn't in the book. There's a way to cook a roast and slice it, for example, that presents the highest possible quality in the circuitous route from oven to patient bedside.

Schmidt is quick to share his knowledge and demanding on points of quality in both food preparation and service, which makes TAH site kitchen a good place for cooks to learn the trade on a scale far beyond following recipes.

He is not eager to work in a restaurant, citing hours and a tendency of owners to not appreciate what goes on at the stove. Someday he may own his own restaurant, but in the meantime he remains eager to discuss the intricacies of a waffle or interesting things that can be done with a potato.

And while he has just received medals that are so delicate he's having trouble finding an engraver willing to handle them, he is equally at home under the maroon cap of Food Service.





*Members of Class 13 in the Quality Education System program include (standing, from left), Patricia Atno, Dental Ambulatory Care; Joan Robinson, RN, PCC; Charlotte Bauer, RN, Nursing Administration; Ray Feather, Engineering; Steven Johnson, Information Services; Lawrence Kincaid, Engineering; Michael Zerbe, Physical Therapy; Joann Gruber, RN, NEPE&R; Cathy Webber, RN, SA (LVHC); Diane Carpenter,*

*instructor; (seated, from left) Nancy Heiney, RN, Nursing Administration; Mary Ann Frankl, RN, OR; Jacqueline Stewart, RN, Nursing Administration; Christopher Holmes, SPD; Cynthia Hertzog, SPU; Donna Steigerwalt, Medical Records; Alice Madden, RN, Non-Invasive Vascular Laboratory; and Christy Singley, Cardiac Rehabilitation.*

## The Hotline

### Who Determines Pay Increases? And What About Snow Days?

**Why are cans not being recycled in the cafeteria at LVHC site?**

LVHC site cafeteria does not sell beverages in aluminum cans; therefore, a recycling bin is not needed. However, there is a bin in the dish room for cans people obtain through vending machines and return on cafeteria trays. In addition, a receptacle for collecting cans is located in the hallway of the modular units. The cans are picked up by local fire departments, and the proceeds benefit a fund drive under way by the Burn Prevention Foundation to purchase an educational trailer to be used at area elementary schools to teach fire safety.

**Who determined the percentage of our raise? To get only 1 to 1-1/2 percent is a professional insult.**

Employees are placed in one of five categories for purposes of wage incentive adjustments. Exempt employees are reviewed in January, nurses in April, operations/craft personnel in July, secretarial/office/clerical employees in October and professional/technical staff in December.

For each group, a small committee of vice presidents and administrators helps the director of Compensation with his assessment of pay conditions in the hospital and in comparison with other hospitals. Since only a limited amount of money is budgeted annually for wage increases, we have responded to employees with more seniority by giving them relatively larger increases as well as adding a new increase, step F.

Recently-hired employees receive several increases over a short period of time. For example, a technical employee is hired at Step A in November, receives a market wage adjustment in

December, gets an increase to Step B in May, gets another market adjustment in December and a second increase to Step C in May. Logically, with four increases in 18 months, the market wage adjustments for new employees will be smaller than for those who receive only one market wage adjustment each year.

**Why do HealthEast employees get paid for snow days and LVHC site nurses do not?**

During a snowstorm on Friday, Dec. 18, 1990, there was some confusion as to whether a snow emergency had been declared by the administrator-on-call. Employees at 50 College Drive were told that a weather emergency had been declared and their payroll acted accordingly. But since, in fact, an emergency had not been declared, hospital employees who were late or took the day off were asked to use paid time off.

The merger of HealthEast and hospital administration should prevent the mistake from happening again.

**TAH site cafeteria seems to be very busy at lunch time with bottlenecks causing long lines. Employees lose a lot of their lunch time waiting in line. What is being done?**

Since the question was asked, a number of renovation projects at TAH site cafeteria have begun, including the installation of new tray rails and a second scale at the existing cashier stations to speed up service. In addition, new cash registers have been requested in the FY92 capital budget.

Have a question? Call Ext. 2999.  
Please indicate your site



# Educational Opportunities

## HRD Seminars

Fee is usually waived for staff affiliated with HEI / TAH—LVHC and registration is with Human Resource Development.

The 11th Annual Update in Cardiology will be held Thursday, May 2 from 8 a.m. to 3:15 p.m. at LVHC site auditorium. Faculty includes Luther V. Rhodes III, MD, chief, infectious diseases, TAH—LVHC; Norman S. Sarachek, MD, director, Acute Coronary Unit, TAH—LVHC; Bernard L. Segal, MD, Presbyterian Medical Center and the University of Pennsylvania; and Scott R. Spielman, MD, Albert Einstein Medical Center and Temple University School of Medicine.

Other seminars previously announced include: **Assessment and Intervention Strategies for Normal and At-Risk Infants and Young Children**, April 11 (\$25 fee for employees) and **Postgraduate Course in Obstetrics and Gynecology**, April 19-20.

Information and registration for all programs is by calling ext. 8322.

## CPR Testing

**CPR Recertification** will be offered in the 24-hour period beginning Wednesday, March 27 at 10 a.m. in the Nursing learning lab on the second floor of the General Services Building at LVHC site. There is no need to preregister.

## WomanCare

The next in the Spring 1991 Parenting Lecture Series will be a May 15 presentation by Catherine Shaner, MD, a pediatrician who will discuss **Summer Safety Tips for Parents**. Among the areas discussed will be swimming and diving safety, insect bites, skin irritations and Lyme disease. The lecture will be held at 7 p.m. in TAH site auditorium.

Coming in April will be presentations on cardiovascular diseases, April 3, and women as entrepreneurs, April 24. Programs in May will focus on incontinence and the warning signs of stroke.

Information and registration for these and other programs may be made by calling ext. 3800.

## Entry Form — Playroom Grand Opening Ribbon Cutting Ceremonies, April 24, 1991

Department of Pediatrics will celebrate the grand opening of its new playroom, underwritten by Toys "R" Us, on Wednesday, April 24 from 11 a.m. to noon. An Open House for all employees follows until 2 p.m. Light refreshments will be served, and Toys "R" Us mascot Geoffrey the Giraffe and family will be on hand to greet guests.

Two children of employees, one boy and one girl, between the ages of 4 and 6, will be chosen by drawing on April 8 to represent HEI / TAH—LVHC at the ribbon-cutting ceremonies. **Use this coupon as an entry form.** Collection will be in both cafeterias through April 5. (Parents will be notified by phone to arrange absence from school).

Name \_\_\_\_\_

Child's Date of Birth \_\_\_\_\_ Boy \_\_\_\_\_ Girl \_\_\_\_\_

Parent's name \_\_\_\_\_

Department \_\_\_\_\_ Daytime Telephone \_\_\_\_\_

## Benefit Bike Tour To Cross State

A six-day bicycle trip across Pennsylvania is being organized by the American Lung Association (ALA) to raise funds for its fight against lung disease and promotion of lung health.

The tour begins June 30 on the western end of the state and ends July 5.

Called a "Bike H.O.P.", it's a ride-at-your-own-pace trek for cyclists in good physical condition over 16 years of age (or accompanied by an adult), and helmets are required of all participants.

During the trek, the ALA will supply three checkpoints per day with water, beverages, fruit, snacks and encouragement.

Lodging, breakfast and dinner is included daily, as well as a gear truck for luggage, an orientation session, a trek T-shirt, on site road mechanics, trip tik for road directions, a July 4 celebration, a welcoming reception in Philadelphia, medical support throughout the ride and an incentive package for fund-raising efforts.

Registration deadline is June 14 and includes a \$50 tax-deductible signup fee and \$700 in pledges. The ALA will bill all pledges over \$10 and provide fund-raising kits. Additional information on the outing is available from the ALA at 439-0813.

## Atlantic Biomedical Sold To New Jersey Firm

Atlantic Biomedical Services, one of the for-profit enterprises of HealthEast Inc., has been sold to a New Jersey firm, according to Christopher Rock, group manager, Home Health Services.

The relatively young operation bought, repaired and sold hospital equipment from throughout the United States and was highly successful. It was not connected with Biomedical Engineering. Rock said the sale was made because "it was felt it was not compatible with the mission of HealthEast — it was not a patient care oriented business."

Five employees were affected, all of whom opted to remain with Atlantic Biomedical.

## MS 150 Tour

A HealthEast challenge team is being organized for the upcoming Multiple Sclerosis 150 Bike Tour. The event will be held June 22 and 23. Interested riders or volunteers can contact George Guldin at ext. 8055 or the local MS office.



# Have A Nice Day...

But, On The Positive Side...

Under stress we can help ourselves and others by understanding our own actions, says Maryanne Falcone, patient representative. There are positive and negative feelings involved; for instance, when someone becomes upset:

Do you get flustered and grope for words? Or do you take a deep breath and express concern with the immediate problem?

Do you get angry at being "caught in the middle"? Or do you separate yourself and make an attempt to clarify the problem?

Do you become rigid or inflexible? Or do you search for a win-win solution?

Do you make quick judgments? Or do you actively listen to the other person's point of view?

Do you feel the problem is not yours? Or do you accept responsibility to seek solutions?

Do you become resentful of an intrusion into your time? Or do you allow for interruptions and time adjustments?

"Looking at how we cope with difficult situations," Falcone says, "can point us in the right direction in forming healthy patterns for coping under stress."

## Quick! Where's That Glove?

One of the more popular seasonal activities, the co-ed softball league, is getting set to take to area fields. There are several TAH—LVHC entries, as well as clubs from other Lehigh Valley healthcare institutions. Brian Thomas reports two LVHC site teams are looking to fill out rosters before the April 13 deadline. Interested? Contact Thomas at ext. 8675 or Bobby Heimbach at ext. 8578. Sorry, there's no spring training in Florida.

## Skinless Cooking A Chicken Myth

Anyone who's concerned about consumption of fat knows that poultry skin is a no-no. But do you skin the bird before baking? Jane Ziegler, RD, executive dietician, Nutrition Support Services, says the fear of fat from chicken and turkey skin has led to household cooks skinning before baking — which serves the purpose but results in a dry bird. So there's a tendency to marinate it, often in oil-based recipes. That does put fat into the meat.

"Skinless cooking is a misconception," she says. "There's no research that shows fat penetrates the meat if the skin is left on the chicken while baking." As an example, she notes that three ounces of breast of chicken, served without the skin, contains 140 calories and three grams of fat...cooked with or without the skin. However, cooked with the skin it's a lot less dry and a lot more tasty.

## Poison Safety: Pass It On

This is Poison Prevention Week, and Peg Parry, RN, coordinator of the Lehigh Valley Poison Center at TAH site, is hoping an effort called "Pass It On" can help reduce the more than 1 million annual accidental poisonings of children nationwide each year. "Pass It On" starts with educating your own children and spreads through succeeding generations.

Some of the points of interest: *Children under the age of 5 can't read warning labels.* "Danger" is as understandable as "Ndgre". *Kids like to imitate mom and dad.* That makes products like cologne and hairspray potential hazards. *Common household products are attractively packaged.* They have pretty colors and pleasant scents — which can make a child believe they taste good, too.

# Top Typists Vie For Title, Trip

The hospital's fastest typists are again invited to participate in "Flashtype", which benefits the Muscular Dystrophy Association. Entrants vie for not only the distinction of being the quickest in the Lehigh Valley on the keyboard, but for a variety of prizes as well.

A speed and accuracy typing test, the event will be held April 17 at the National Education Center, Allentown Business School campus, 1501 Lehigh St., Allentown.

An assortment of area businesses is sponsoring the event, which carries a top prize of a trip to Freeport, Bahamas. There's a tax deductible \$5 entry fee to MDA, and all contestants receive a coffee mug, award, flower and a gift on the day of the event. A T-shirt will be awarded to each contestant bringing \$25 or more in donations to the event. The entry deadline is April 10.

Trophies and other prizes are offered for highest WPM score, but fund-raisers who bring in pledges — usually from co-workers at about 10 cents per word per minute — are eligible for even more. Entry forms and details about the contest are available from the MDA, Suite 10, 5930 Hamilton Blvd., Allentown PA 18106, or by calling 391-1977.

## Girl's Club Offers Secretarial Treat

The Girl's Club of Allentown is currently taking orders on gift baskets to help celebrate National Professional Secretaries Day on April 24.

The woven baskets will contain candy, gift certificates, snack foods, a ceramic coffee mug, skin care products, office supplies and cosmetics, and will be hand delivered free to the reception area of workplaces in the Allentown/Bethlehem area.

All profits from the \$20 baskets benefit the Girl's Club of Allentown, a member agency of the United Way.

Ordering information is available by calling 433-0093 or fax 433-1221.